

A LEGACY OF RESILIENCE

Your life is a story in the making, built on the resilience, struggles, and triumphs of both yourself and those who came before you. Each of us stands on the foundation of past generations—those who endured hardships, overcame challenges, and carved a path forward. Resilience is not just about bouncing back; it is about learning from adversity and using it to propel us forward. This worksheet is designed to help you reflect on your personal journey of resilience and connect it to a broader legacy. By recognizing the strength within your own story and the resilience of those who came before you, you gain a deeper understanding of the power you possess to shape your future.

PERSONAL STORY OF RESILIENCE

Describe a time when you faced a significant challenge in this area and overcame it.

What did you learn?
How did it shape you?

Life Domain

HISTORICAL/FAMILIAL STORY OF RESILIENCE

Think of a relative, ancestor, or historical figure who showed resilience in this domain.

How did they navigate challenges? What lessons can you take from their experience?

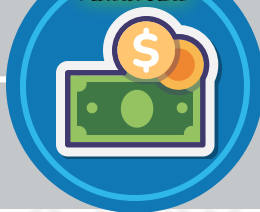
FAMILY/RELATIONSHIPS



BUSINESS/WORK



FINANCIAL



HEALTH



CONCLUSION

Resilience is more than an individual trait—it is a legacy passed down through actions, choices, and perseverance. By reflecting on both your own experiences and the resilience of those before you, you are reminded that challenges are not the end of the story but the beginning of new growth. Your ability to navigate difficulties, learn from them, and move forward will contribute to the legacy you leave behind for future generations. Use this insight to build confidence, push forward through obstacles, and embrace your journey with strength and purpose.

